

NEWINGTON PARKS AND RECREATION

"Creating Community through People, Parks & Programs"



Summer 2014

Youth, Adult & Senior Programs * Summer Playgrounds * Special Events * Fitness Classes



Extravaganza



Summer Playgrounds



Aquatic Programs



Touch A Truck

Registration Begins April 30th* for residents

***Register NOW for Summer Playgrounds & Bus Trips - No need to wait!**

Registration Begins May 14th for non-residents



Newington Parks & Recreation Registration Form

131 Cedar St. Newington, CT 06111 Phone: 860-665-8666 Fax: 860-665-8739

www.NewingtonCT.gov

PRIMARY HOUSEHOLD CONTACT INFORMATION

First Name _____ Middle Initial _____ Last Name _____

Street Address _____ Apt./Box # _____ City _____ State _____ Zip _____

[] Check if new address Home Phone (_____) _____ Work Phone (_____) _____

Cell Phone (_____) _____ Email Address _____

Emergency Contact _____ Relationship _____ Phone (_____) _____

If there are any medical concerns, allergies or special needs that we should be aware of, please list here: _____

_____ Supplemental medical forms are available online or in our office.

PROGRAM INFORMATION

One registration form can be used for more than one person in the same household.

First and Last Name	M/F	DOB	Program ID #	Program Name	Fee	Alternate ID#

PLEASE READ CAREFULLY AND SIGN BELOW

Assumption of Liability: Participation in the activity may involve risk or injury. As a parent, guardian, or participant, I am aware of these hazards and my ability to participate. I hereby agree to release, discharge and hold harmless the Town of Newington, its employees, contracted instructors, and volunteers from the liabilities which may occur while participating in the activity. I understand that participation in any recreational or sport activity involves risk. I further understand that the Town of Newington does not provide accident/medical insurance for the program participants. In addition, I give permission for the participant to be treated by qualified medical personnel in the event that the above named parent/guardian/emergency contact cannot be reached at the phone numbers provided. The Parks and Recreation Department reserves the right to photograph program participants for publicity purposes. Please be aware that these photos are for Parks and Recreation use only and may be used in future catalogs, website, brochures, pamphlets, and/or flyers.

ADULT SIGNATURE: _____ DATE: _____

Please note that there is a \$10 minimum for all credit card transactions.

TOTAL FEES: \$ _____

“ROUND UP” For Youth Recreation *Rounding up your program fee helps provide financial assistance for those unable to afford the program fees for youth activities.*



Circle Method of Payment: Cash Check Credit Card Debit **TOTAL AMOUNT: \$** _____

CREDIT CARD #: _____ **Security Code** _____ **EXP. DATE** _____ / _____
(Found on back of card)

Circle type of card: VISA MASTERCARD DISCOVER

Reasons to Register Early!

Many classes are very popular and people know that in order to get a spot, they need to register early.

But there are also reasons to register early for classes that don't usually fill up. All of our classes are intended to be self-supporting and we must reach minimum enrollment for a class to run. There is a point (usually about one week before a program starts) that a program must be cancelled if there aren't enough people registered. Very often, people try to register after a program has been cancelled and if they had registered earlier, the program would have run.

All of our programs require a high level of organization, often including facility scheduling, staffing and purchasing of supplies.

So, if there's a program that you or your child are interested in...

Please Register Early!

Check out page 6 for our Summer Concert Series!



Our Summer Concert Series is made possible by the generous support of Data-Mail, Inc. Please see page 6 for the Summer Concert Series schedule. We're excited to offer a variety of music the whole family will enjoy this year!

FREQUENTLY REQUESTED PHONE NUMBERS

Basketball - Travel	(860) 930-7322
Basketball - Youth (Parks & Rec)	(860) 665-8666
Blackhawks Wrestling	(860) 666-9455
Board of Education	(860) 667-2000
Cheerleading - Youth	(860) 987-8540
Football - Youth	(860) 841-9673
Human Services Department	(860) 665-8590
Indian Hill Country Club	(860) 665-5447
Lacrosse - Youth	(860) 666-1025
Lucy Robbins Welles Library	(860) 665-8700
Newington Arena	(860) 665-7825
Newington High School	(860) 666-5611
Newington Historical Society	(860) 666-7118
Newington Little League	(860) 667-2647
Newington Swim Club	(860) 828-7424
Parks & Grounds Dept	(860) 667-5830
Parks & Recreation Dept	(860) 665-8666
Parks & Recreation Hotline	(860) 665-8686
Senior & Disabled Center	(860) 665-8778
Soccer Club of Newington	(860) 665-7203
Special Olympics Newington	(860) 665-8773

Bus Trips Offered!

Check out page 5 for to see what we're offering. Register today for these fun trips - no need to wait until April 30th!

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Discounted Tickets Available for Six Flags and Lake Compounce

Get your discounted Six Flags or Lake Compounce tickets at the Parks and Recreation office! Tickets to Lake Compounce are \$28.00 per person and are valid for any one day during the 2014 season. Tickets for Six Flags are \$36.00 per person and are also valid for any one day during the 2014 season. Tickets are available on a first come, first served basis until Friday, August 22nd or until tickets run out. Purchase early to avoid disappointment. No refunds will be given for lost, stolen or unused tickets.



Program
Information Hotline:
860-665-8686

Facility Rentals and Reservations...

Churchill Park Picnic Reservations

The Newington Parks & Recreation Department has reserved areas at Churchill Park available for rentals. Reservations for summer bookings are still available. Picnic reservations are limited to Newington residents, families, organizations and businesses on a first-come, first-served basis. Please note we are unable to provide refunds once an area is reserved.



UPPER SITE...

\$35/day

Open space that can accommodate 40 people and includes tables and a grill.



MIDDLE PAVILION...

\$75/day

Large covered shelter that can accommodate 150 people and includes electricity, tables and a grill.



LOWER PAVILION...

\$50/day

Covered shelter that accommodates 60 people with electricity, tables and a grill.



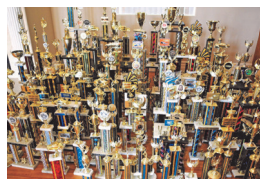
Birthday Parties at Mill Pond Pool

Ages 6 months - 15 years (Newington residents only)

Reserve Mill Pond Pool for a birthday party that your child will never forget! Parties are available on Saturdays throughout the summer season. Availability is limited and all parties must be reserved at least two weeks in advance in person at the Parks and Recreation office.

For more information on our birthday party packages or for the reservation form, please contact the Parks and Recreation office at 860-665-8666 or visit our website at www.newingtonct.gov/parksandrec.

got trophies?



Were you a star athlete in high school? Do you still have all your old trophies lying around the house, collecting dust? Have you considered donating them?

Here's your chance! Newington Parks & Recreation is looking for **used running or generic trophies** to be repurposed for our free community Fun Runs program.

Trophy donations can be brought to the Newington Parks & Recreation Office, Monday through Friday 8:30 AM - 4:30 PM.

National Trails Day Celebration

Cedar Mountain Bird Walk
Saturday, June 7th - 7:00 a.m.

Join bird enthusiasts Roy Zartarian and Anita Shaffer on this early morning bird walk through the old Cedar Mountain Trail. This moderate hike will be approximately two hours long. Parking will be permitted on Russell Road, and walkers should meet at the entrance to the old Cedar Mountain Trail on Russell Road. Hiking shoes, binoculars, a DEET-based tick repellent for skin and Permethrin for clothing are recommended. No children under 10, please. In case of inclement weather, please call our Program Hotline at 860-665-8686.



THANK YOU



*For your countless hours
and dedication to our
Youth Basketball Program
2013-2014 Season*



CONGRATULATIONS TO:

John May Award Recipient
Coach Ganzer

T-Shirt Design Contest Winner
Jordan Buslewicz



Newport - On Your Own *Saturday, June 28, 2014*

Home to spectacular coastal scenery, awe-inspiring architecture, a thriving waterfront downtown and welcoming hospitality, Newport is considered to be a shining gem in the coastal crown of New England. From touring the famed Gilded Age mansions to enjoying a memorable dining experience at a waterfront restaurant, the options for interesting activities, distinctive stories and enticing photo opportunities are countless. For visitors looking to take a bit of Newport style home with them, the city's quaint wharves and cobblestone streets are a mix of unique shops and galleries - and you'll have leisure time to enjoy them as you choose.

Fee: \$62 per person

ID: 9610

Bus trip includes:

- Round trip motorcoach transportation
- Leisure time for shopping, lunch or sightseeing (maps and restaurant listings will be provided)
- Bus departs at approximately 7:30 a.m. (**Specific location to be determined**). Departs Newport at approximately 6:00 p.m.



Salem, Massachusetts - Haunted Happenings *Saturday, October 18, 2014*

This popular trip will take you to America's most exciting Halloween Festival in the bewitching seaport of Salem, MA. Salem may be most widely known as the site of the Salem witchcraft trials of 1692, but it's also a colorful, coastal city with a rich maritime heritage, an impressive display of historic architecture and amazing stories that span almost four centuries. Visitors will have an opportunity to visit either The Salem Witch Museum which features a dramatic history lesson using stage sets with life-size figures or The Witches Cottage, a witchcraft and ghost show at the Griffen Theatre. Visitors will also have leisure time to enjoy the 'Haunted Happenings' around Salem.

This trip always fills quickly - if you are interested we recommend you register early!

Fee: \$74 per person (includes ticket to The Salem Witch Museum)
\$80 per person (includes ticket to The Witches Cottage)

ID: 9882

Bus trip includes:

- Round trip motorcoach transportation
- Leisure time for shopping, lunch or sightseeing (maps and restaurant listings and event schedules will be provided)
- Ticket to either The Salem Witch Museum or The Witches Cottage
- Bus departs at approximately 7:30 a.m. (**Specific location to be determined**). Departs Salem at approximately 6:00 p.m.

Bus Trip Guidelines

- All seats sold are on a first-come, first-served basis. There are no reserved seats. Those who travel alone must share the seat beside them.
- Absolutely no refunds for trips will be given unless the registrant can find their own replacement, if we have a waiting list, or if the Parks and Recreation Department cancels the trip.
- An adult must accompany anyone under the age of 18.
- Rest stops to/from the destination are at the discretion of the Tour Director.
- We are not responsible for your return trip if you miss the bus!
- We typically use a 50-passenger coach bus. Most trips will be "shared" with other towns or businesses. Seats on these shared buses are limited, so register early!
- Detailed trip itineraries will be mailed to each registered participant a few days before the trip.
- Bus departure location details will be stated in your trip itinerary. All participants will be mailed a detailed trip itinerary a few days before the trip. **Please look over the trip itinerary carefully** - occasionally the departure times may change slightly from what is listed in this Program Guide.

If you do not receive your trip itinerary at least three days before your trip, please call our office at 860-665-8666.



Touch-a-Truck

Saturday, June 14th, 10 AM -12 Noon
Library/Town Hall Parking Lots

Held in conjunction with the Lucy Robbins Welles Library Kickoff to Summer Reading, this is a free event for the whole family! This is a hands-on event where kids young and old can touch, honk horns and climb on the vehicles we will have on display. Vehicles on display may include a Back Hoe, Fire Truck, Pay Loader, Dump Truck, Deck Mower, Police Cruiser, Medical Ambulance, Dunkin Donuts truck and more! No registration is required.



Summer Concert Series at Mill Pond Park

Sponsored by Data-Mail, Inc.

Thursdays, July 3rd, 10th, 24th & 31st, 6:30 - 8:30 PM
Friday, July 18th, 6:30 - 10 PM



Newington Parks and Recreation Department presents the 2014 Summer Concert Series sponsored by Data-Mail, Inc. The concerts are held at the Mill Pond Park Gazebo. Join us for the 22nd season and bring a picnic dinner, lawn chair or blanket and enjoy the music outdoors! There will also be a Friday night concert on the eve of Newington's Extravaganza! In case of inclement weather, Thursday concerts will be held in the Town Hall auditorium. There is no rain date or location for the concert on Friday, July 18th. Please call our program hotline at 860-665-8686 if the weather is inclement.

2014 Concert Schedule



Thursday, July 3rd - **GunsMoke**
"A night at the Grand Ole Opry"



Thursday, July 10th - **The Daily Planet**
"Reunited to bring you a mix of popular 60's and 70's tunes!"



Friday, July 18th - **TBD**

We're still working on securing an AMAZING performer for this popular concert on the eve of Newington's Extravaganza!



Thursday, July 24th - **In Deep**
"Classic Rock at its best!"



Thursday, July 31st - **In The Groove**
"A dance band for all occasions!"



Fun Runs

Wednesdays, July 9, 16, 23, 30, August 6 and 13th, 6:30 PM
Cross Country Trails behind John Wallace Middle School

These runs are a great way for the whole family to keep in shape! We offer two course lengths: a traditional 5k (3.1 miles) and a shorter 3k (about 2 miles) for younger kids and beginners. Both races are free. Please email Race Coordinator Jay Krusell at jaykrusell@yahoo.com for more information. The races are in honor of Mr. Frank O'Rourke who was a longtime NHS Cross Country Coach. Participants under 18 must be accompanied by a parent or guardian to sign the program waiver.



Dog Days of Summer Swim

Monday, August 11th, 6:00 - 7:30 PM at Mill Pond Pool

All ages, breeds and sizes welcome! The humans get to swim all summer, so on this night, your furry friend will get his or her chance too! Dogs must be under their owner's control at all times and a responsible individual over age 16 must accompany each dog. Bring the whole family out to give Fido a refreshing treat—a dog-only splash party in the pool! Owners are not permitted to be in the water with the dogs. Please only bring your dog if he/she is comfortable around other dogs. Fee is \$5 per dog. Owners must provide proof of dog's rabies vaccination at the door and **dogs must be wearing a current dog license from their town of residency**. All owners must bring a plastic bag and pick up after their dogs! In case of inclement weather, please call 860-665-8686.

A Week of Events to Celebrate the 33rd Annual Extravaganza!!!



Newington Family Pool Party

Monday, July 14th, 6:00 - 8:00 PM (BYO Picnic Dinner/Dance from 5:00 - 6:00 PM)
Mill Pond Park Pool (Newington residents only)

Join us for a night at Mill Pond Park Pool for a free family pool party sponsored by the Friends of the Library. Join us on the grass outside the pool area from 5:00 - 6:00 p.m. for a BYO (bring your own) picnic dinner including games, music and dancing with a DJ and Librarians. Refreshments provided by the library will be available. The pool will then open at 6:00 p.m. For more information, please call the library at 860-665-8700. This is a free event for all Newington residents!



Family Tie Dye & Ice Cream Social

Wednesday, July 16th, 6:30 PM
Mill Pond Park

Get colorful with your family and friends! Save the date - more information will be available in mid-June!



Summer Carnival on Extravaganza weekend!

Thursday, July 17, 5 - 10 PM; Friday, July 18, 5 - 10 PM & Saturday, July 19, 10 AM - 9 PM
Mill Pond Park

Stay local this summer and let the carnival come to you! This annual event gets bigger and better every year, and best of all, it's right here in Newington! Mill Pond Park will be transformed with carnival games, exciting rides for the whole family, food and more! Individual ride tickets may be purchased, or purchase a ride wristband and enjoy unlimited rides that day! Ride on Thursday for \$15 with a ride wristband. Ride on Friday or Saturday for \$20 with a ride wristband. Wristbands are only valid on the day they are purchased. You won't want to miss these three days of fun! Carnival rides will close promptly at times listed.



Concert in the Park & Adult Beverage Garden

Friday, July 18th, 6:30 PM
Mill Pond Park

This is one night you won't want to miss! We will have an amazing outdoor concert on the eve of Extravaganza at Mill Pond Park! Sit back with your friends, family and neighbors to celebrate Newington on this evening with entertainment, food and drinks! Admission to the concert is free and open to all ages. Admission into the beverage garden is \$5 and all attendees in the beverage garden must be 21 or older. For more information, please call 860-665-8666. Please call our program hotline at 860-665-8686 if the weather is inclement.



33rd Annual Extravaganza!

Saturday, July 19th, activities and events begin at 10:00 AM
Fireworks at 9:30 PM
Mill Pond Park

Join us at Mill Pond Park on Saturday, July 19th to celebrate Newington and all it has to offer at the 33rd Annual Extravaganza! Enjoy food, games, rides, arts & craft exhibits and much more! Our Entertainment Stage will feature an exciting line-up of performers. Admission and parking are free, so bring the whole family to this all-day event! The event will conclude with a spectacular evening fireworks display over Mill Pond Park. See all your neighbors and friends at the Extravaganza, an event you will surely enjoy!



Aquatic Programs...

Aquatic Facility Information and Hours

Newington Parks and Recreation has two outdoor pools that operate during the summer season, located at Mill Pond Park and Churchill Park. We offer recreational swim times, group swim lessons, semi-private swim lessons, private lessons, water baby classes, pool parties, special needs swim lessons, special events and much more! Newington residents may purchase pool passes which permit entrance to both pools during recreational swim times. Summer pool passes may also be used at the Newington High School Pool for the 2014-2015 indoor season. Newington's aquatic facilities are only open to residents, but residents may bring non-residents as their guests during recreational swim times. Non-residents may only use the pools as a guest of a Newington resident and must pay the daily rate. The outdoor aquatic facilities will close in the case of thunder and/or lightning in the immediate area. Pools will re-open thirty minutes after the lightning and/or thunder ceases. There will be no make-up classes offered for missed and/or cancelled lessons or programs unless otherwise stated. In case of inclement weather, please call the Pool Activity Line at 860-665-8766.

Mill Pond Pool

Opens Monday, June 23rd

Closes Sunday, August 10th at 6:15 p.m.

Recreational Swim

Monday - Thursday

2 - 5:45 p.m.

6:30 - 8:15 p.m.

Friday

10 a.m. - 1 p.m.

2 - 8:15 p.m.

Saturday & Sunday

2 - 6:15 p.m.

Mill Pond Pool will be closed on
Saturday, July 19th for the Extravaganza.

Senior & Disabled Swim

at Mill Pond Pool

June 23rd - August 8th

Monday - Friday

1:00 - 2:00 p.m.

Churchill Pool

Opens Monday, June 23rd

Closes Sunday, August 17th at 6:00 p.m.

June 23rd - August 10th

Recreational Swim

Monday - Thursday

12 - 4:45 p.m.

Friday

10 a.m. - 7 p.m.

Saturday & Sunday

12 - 4:45 p.m.

August 11th - August 17th

Recreational Swim

10:00 a.m. - 6:00 p.m. Daily

Pool Passes

Individual Pass

- Purchased on or before May 21st: \$55
- Purchased after May 21st: \$60

Household Pass*

- Purchased on or before May 21st: \$75
- Purchased after May 21st: \$85

*Please note that the household pass includes up to six people who permanently reside in the same household. Babysitters and visiting relatives are not eligible. For households with more than six people, the fee for each additional person is \$5.

Daily Admission Rates

- Adults (18+): \$5
- Children (under 18): \$3
- Seniors (62+): \$3

* Children 12 years of age and younger must be accompanied by a responsible individual 15 years or older.

* Proof of residency is required.

Birthday Parties at Mill Pond Pool

Ages 6 months - 15 years (Newington residents only)

Reserve Mill Pond Pool for a birthday party that your child will never forget! Parties are available on Saturdays throughout the summer season. Availability is limited and all parties must be reserved at least two weeks in advance in person at the Parks and Recreation office. For more information on our birthday party packages or for the reservation form, please contact the Parks and Recreation office at 860-665-8666 or visit our website at www.newingtonct.gov/parksandrec.



Aquatic Swim Lesson Guidelines & Descriptions...

Swim Lesson Registration Guidelines

- **RESIDENCY:** Swim lessons are for residents only.
- **CANCELLATIONS:** Swim lessons will be cancelled when there is lightning and/or thunder in the area. Please call the pool activity line at 860-665-8766 if the weather is inclement. There are no make-up classes, vouchers or refunds issued for missed or cancelled lessons unless otherwise stated.
- **LEVELS:** Please register your child for the appropriate level as listed below. If your child is registered for an inappropriate level, the child may be moved into a more suitable level (depending on availability) at our discretion, or removed from the program.
- **MINIMUM AGES:** While we understand that ages and abilities vary greatly, we must enforce the minimum age requirements for our programs. Please see level descriptions below for more information. Birth certificates are required for any participants under 5 years old.
- **DEADLINES:** Swim lesson registration must be received by the Parks and Recreation office no later than Fridays at 4:30 p.m. for sessions beginning the following Monday. Registrations received after Fridays at 4:30 p.m. will be considered late, and participants will not be permitted to attend lessons until the day AFTER registration is received.
- **REGISTERING FOR MULTIPLE SESSIONS:** If you want to register your child for more than one session, you must register that child for the same level until the child passes that level. For example, if your child is registered for Level 2, you may not sign up for a Level 3 class until your child is notified by the instructor that he/she has passed Level 2. Failure to abide by this policy will result in the cancellation of your child's enrollment.
- **CHANGING LEVELS:** If you register your child for multiple sessions of the same level and the child passes the level, you may move your child into an available class in the next level, stay in the same level, or receive a refund (please note that a \$5.00 processing fee is deducted from any refunds issued). This must be done in person at the Parks and Recreation office, and you must bring your child's certificate showing they have passed.

Swim Lesson Level Descriptions

Infant & Preschool Programs (Ages 6 months - 5 years old)

Waterbabies (Ages 6 months - 2 years with parent) Parent and child program that will allow your child to adjust to the water using games, songs, basic movements and fun! Parent will accompany the child into the water. Swim diapers are required for children who are not toilet trained.

Preschool A (Ages 3 - 4) Children participate independently in this program that includes water entry and adjustment, blowing bubbles, assisted floating, basic kicking with arm movements and of course, playing games! Children will learn safety skills in and around the water.

Preschool B (Ages 4 - 5) This program is for children who are entering or have completed kindergarten.. Children participate independently in this program that includes water entry, blowing bubbles, bobbing, floating, glides, kicking with arm movements and of course, playing games! Children will learn safety skills in and around the water. Four year olds should be comfortable in the water and/or successfully participated in Preschool A lessons.

Learn-To-Swim Program Levels 1 - 6 (Ages 6 -17)

The Newington Parks and Recreation Department is proud to be an authorized provider of the American Red Cross Learn-To-Swim Program Levels 1-6. This program focuses on improving the effectiveness of swim lessons, emphasizing water safety and drowning prevention and improving participant progress and skill acquisition. Proper swim lesson level placement is critical for your child's success in swim lessons, as well as ensuring that the experience is enjoyable and safe. Please review the swim lesson level descriptions below prior to registering your child.

***Note: These skills are the requirements to pass the level listed.** If your child can complete the skills listed, please register him/her for the next level.

Level 1 - (Must be at least 6 years old)
Enter and exit the water unassisted, open eyes underwater, bobbing, combined arm/leg action on front and back, front/back glides (two body lengths) and supported front/back float (3 seconds).

Level 2 - Jump from the deck into chest deep water, float without assistance, tread water (15 seconds), submerge completely and hold breath for 5 seconds, swim using leg and arm stroke (5 body lengths).

Level 3 - Jump into deep water, begin diving, tread water (30 seconds), front crawl (15 yards), elementary backstroke (15 yards), survival float (30 seconds) and learn rotary breathing.

Level 4 - Standing dives, swim underwater (3-5 body lengths), tread water (2 minutes), front crawl and elementary backstroke (25 yards each), breaststroke, butterfly and back crawl (15 yards each).

Level 5 - Shallow water dives, tuck and pike surface dives, front flip turns, front crawl and elementary backstroke (50 yards each), breaststroke, butterfly and back crawl (25 yards each).

Level 6 - Fitness Swimmer: front crawl and elementary backstroke (100 yards each), breaststroke, butterfly and back crawl (50 yards each), competitive turns.

For a detailed list of swim lesson level descriptions, please visit us on the web at www.newingtonct.gov/parksandrec

Swim Lesson Options

Group Swim Lessons Ages 6 months - 17 years / Newington Residents Only Fee: Session 1, 2 or 3 - \$30 (8 Classes) / Session 4 - \$15 (4 classes)

We are an authorized provider of the American Red Cross Learn-To-Swim Program for Levels 1-6. Proper swim lesson level placement is critical for your child's success in swim lessons, as well as ensuring that the experience is enjoyable and safe. If your child has taken swim lessons with us before, please select the level recommended by their instructor. Please note that participants must be at least 6 years of age to register for Levels 1 and up. Sessions 1, 2 and 3 are two-week sessions. Session 4 is a one week session. If your child is new to our swim lesson program, please review the swim lesson level descriptions prior to registering your child. Group swim lessons are held at both Mill Pond and Churchill Pools!

Semi-Private Swim Lessons Ages 6 - 17 / Newington Residents Only

Fee: \$65 (4 classes)

Semi-Private swim lessons (max 2 individuals) are great for more personalized attention from our lifeguard staff. Lessons are offered as one week sessions, Monday through Thursday and are 30 minutes in length. Please see descriptions for Levels 1 - 4 above. Semi-private swim lessons are held at Churchill Pool.

Private Swim Lessons Ages 5 & Up / Newington Residents Only

Fee: \$95 (4 classes)

Private lessons are limited to one participant per instructor. Participants receive one-on-one attention on a particular skill, or if you choose, several skills. Private lessons offer a great opportunity for beginners to develop skills or for competitive swimmers to improve technique and endurance. Lessons are offered Monday through Thursday for one week. Participants may only sign up for three sessions at a time and may sign up for additional sessions if available after completion of first three. During the first class, participants should inform their instructor of what particular skill or skills they choose to focus on. Private lessons are held at Churchill Pool.

Mill Pond Pool Programs...

Little Swimmers *Ages 6 months - 5 yrs.*

A great program for your little swimmer! Join us at Mill Pond Wading Pool on Mondays, Tuesdays, Wednesdays and Thursdays for fun, friends, toys and splashing. Siblings ages 6 months - 5 years old that reside in the same household may attend for free, but must also be registered. Parents must accompany their child(ren) into the wading pool and stay with them during the entire program. Children who are not toilet trained must wear a swim diaper.

Location: Mill Pond Park Wading Pool

Times: Mill Pond Wading Pool: 10 AM - 12 PM

Fee: \$10 per week or \$55 for the whole summer for residents / not available for non-residents.

Session	ID	Dates
Week 1	9612	Monday - Thursday, June 23 - June 26
Week 2	9613	Monday - Thursday, June 30 - July 3
Week 3	9614	Monday - Thursday, July 7 - July 10
Week 4	9615	Monday - Thursday, July 14 - July 17
Week 5	9616	Monday - Thursday, July 21 - July 24
Week 6	9617	Monday - Thursday, July 28 - July 31
Week 7	9618	Monday - Thursday, August 4 - August 7



Jr. Lifeguarding *Ages 11 - 14*



This fun and exciting American Red Cross program is designed to provide youth with a foundation of aquatic skills, leadership and knowledge for future successful completion of the American Red Cross Lifeguarding Program. Participants should bring a bathing suit and towel to each class. Jr. Lifeguarding is held Monday through Thursday for two weeks.

Location: Mill Pond Pool

Fee: \$65 (8 classes) / not available for non-residents

ID	Time	Dates
9619	6:00 - 6:30 PM	Monday - Thursdays, June 23 - July 3
9620	6:00 - 6:30 PM	Monday - Thursdays, July 21 - July 31

Adult Swim Lessons *Ages 18 & Up*

Our adult swim lessons provide the opportunity for adults to learn how to swim in an age-appropriate and comfortable environment. Lessons are held as one week sessions, Monday through Thursdays and are taught in groups of no more than 5 participants per instructor.

Location: Mill Pond Pool

Fee: \$65 (4 classes) for residents / not available for non-residents

ID	Dates	Time
9621	Monday - Thursday, July 7 - 10	6 - 6:30 PM

Mill Pond Pool Group Lessons - Mornings (Mon. - Thurs.) Fee: Session 1, 2 or 3 - \$30, Session 4 - \$15

Session 1: June 23 - July 3			Session 2: July 7 - July 17			Session 3: July 21 - July 31			Session 4: August 4 - 7		
	11:00 a.m. - 11:30 a.m.	11:30 a.m. - 12:00 p.m.		11:00 a.m. - 11:30 a.m.	11:30 a.m. - 12:00 p.m.		11:00 a.m. - 11:30 a.m.	11:30 a.m. - 12:00 p.m.		11:00 a.m. - 11:30 a.m.	11:30 a.m. - 12:00 p.m.
Water babies	ID: 9628		Water babies	ID: 9643		Water babies	ID: 9648		Water babies	ID: 9663	
Preschool A		ID: 9633	Preschool A	ID: 9638	ID: 9644	Preschool A		ID: 9653	Preschool A	ID: 9658	ID: 9664
Preschool B	ID: 9629		Preschool B	ID: 9639	ID: 9645	Preschool B	ID: 9649		Preschool B	ID: 9659	ID: 9665
Level 1	ID: 9630	ID: 9634	Level 1	ID: 9640		Level 1	ID: 9650	ID: 9654	Level 1	ID: 9660	
Level 2	ID: 9631	ID: 9635	Level 2		ID: 9646	Level 2	ID: 9651	ID: 9655	Level 2		ID: 9666
Level 3		ID: 9636	Level 3	ID: 9641		Level 3		ID: 9656	Level 3	ID: 9661	
Level 4	ID: 9632		Level 4		ID: 9647	Level 4	ID: 9652		Level 4		ID: 9667
Level 5/6		ID: 9637	Level 5/6	ID: 9642		Level 5/6		ID: 9657	Level 5/6	ID: 9662	

Special Needs Swim Lessons *Ages 5 & Up*

These swim lessons are offered for children or adults with physical or intellectual disabilities. Swim lessons are limited to one participant per instructor. Lessons are offered Monday through Thursday for one week. Participants may only sign up for three sessions at a time and may sign up for additional sessions if available after completion of first three.

Location: Mill Pond Pool

Fee: \$65 (4 classes) for residents / not available for non-residents

June 23 - 26	June 30 - July 3	July 7 - 10	July 21 - 24	July 28 - 31	August 4 - 7
6:00 p.m. - 6:30 p.m.	6:00 p.m. - 6:30 p.m.	6:00 p.m. - 6:30 p.m.	6:00 p.m. - 6:30 p.m.	6:00 p.m. - 6:30 p.m.	6:00 p.m. - 6:30 p.m.
ID: 9622	ID: 9623	ID: 9624	ID: 9625	ID: 9626	ID: 9627



Churchill Pool Group Lessons - Mornings & Evenings (Mon. - Thurs.)

Ages: 6 - 17

Fee: Session 1, 2 or 3 - \$30 (8 classes) / Session 4 - \$15 (4 classes)



Session 1: June 23 - July 3

	Mornings		Evenings		
	9:30 a.m. - 10:00 a.m.	10:00 a.m. - 10:30 a.m.	5:00 p.m. - 5:30 p.m.	5:30 p.m. - 6:00 p.m.	6:00 p.m. - 6:30 p.m.
Waterbabies				ID: 9705	
Preschool A	ID: 9668			ID: 9706	ID: 9710
Preschool B		ID: 9672	ID: 9700		ID: 9711
Level 1	ID: 9669	ID: 9673	ID: 9701	ID: 9707	
Level 2	ID: 9670	ID: 9674	ID: 9702		ID: 9712
Level 3		ID: 9675	ID: 9703	ID: 9708	
Level 4	ID: 9671			ID: 9709	ID: 9713
Level 5/6			ID: 9704		ID: 9714

Session 2: July 7 - July 17

	Mornings		Evenings		
	9:30 a.m. - 10:00 a.m.	10:00 a.m. - 10:30 a.m.	5:00 p.m. - 5:30 p.m.	5:30 p.m. - 6:00 p.m.	6:00 p.m. - 6:30 p.m.
Waterbabies			ID: 9715		ID: 9725
Preschool A	ID: 9676	ID: 9680	ID: 9716		ID: 9726
Preschool B		ID: 9681		ID: 9720	ID: 9727
Level 1	ID: 9677		ID: 9717	ID: 9721	
Level 2	ID: 9678	ID: 9682	ID: 9718	ID: 9722	
Level 3	ID: 9679			ID: 9723	ID: 9728
Level 4		ID: 9683	ID: 9719		
Level 5/6				ID: 9724	ID: 9729

Session 3: July 21 - 31

	Mornings		Evenings		
	9:30 a.m. - 10:00 a.m.	10:00 a.m. - 10:30 a.m.	5:00 p.m. - 5:30 p.m.	5:30 p.m. - 6:00 p.m.	6:00 p.m. - 6:30 p.m.
Waterbabies			ID: 9730		ID: 9740
Preschool A	ID: 9684		ID: 9731	ID: 9735	
Preschool B		ID: 9688	ID: 9732		ID: 9741
Level 1	ID: 9685	ID: 9689		ID: 9736	ID: 9742
Level 2	ID: 9686	ID: 9690	ID: 9733	ID: 9737	
Level 3		ID: 9691		ID: 9738	ID: 9743
Level 4	ID: 9687		ID: 9734		ID: 9744
Level 5/6				ID: 9739	

Session 4: August 4 - 7

	Mornings		Evenings		
	9:30 a.m. - 10:00 a.m.	10:00 a.m. - 10:30 a.m.	5:00 p.m. - 5:30 p.m.	5:30 p.m. - 6:00 p.m.	6:00 p.m. - 6:30 p.m.
Waterbabies				ID: 9750	
Preschool A	ID: 9692			ID: 9751	ID: 9755
Preschool B	ID: 9693	ID: 9696	ID: 9745	ID: 9752	
Level 1		ID: 9697	ID: 9746	ID: 9753	
Level 2	ID: 9694	ID: 9698	ID: 9747		ID: 9756
Level 3		ID: 9699	ID: 9748		ID: 9757
Level 4	ID: 9695		ID: 9749		ID: 9758
Level 5/6				ID: 9754	ID: 9759

Churchill Pool Semi-Private Lessons - Evenings (Mon. - Thurs.)

Ages: 6-17

Fee: \$65

Session 1: Jun. 23 - 26		Session 2: Jun. 30 - Jul. 3		Session 3: July 7 - 10		Session 4: July 14 - 17		Session 5: July 21 - 24		Session 6: July 28 - 31		Session 7: Aug. 4 - 7	
6:30 — 7:00 PM		6:30 — 7:00 PM		6:30 — 7:00 PM		6:30 — 7:00 PM		6:30 — 7:00 PM		6:30 — 7:00 PM		6:30 — 7:00 PM	
Level 1	ID: 9760	Level 1	ID: 9763	Level 1	ID: 9766	Level 1	ID: 9769	Level 1	ID: 9772	Level 1	ID: 9775	Level 1	ID: 9778
Level 2	ID: 9761	Level 2	ID: 9764	Level 2	ID: 9767	Level 2	ID: 9770	Level 2	ID: 9773	Level 2	ID: 9776	Level 2	ID: 9779
Level 3/4	ID: 9762	Level 3/4	ID: 9765	Level 3/4	ID: 9768	Level 3/4	ID: 9771	Level 3/4	ID: 9774	Level 3/4	ID: 9777	Level 3/4	ID: 9780

Churchill Pool Private Lessons - Evenings (Mon. - Thurs.)

Ages: 5 & Up

Fee: \$95

Session 1: Jun. 23 - 26		Session 2: Jun. 30 - Jul. 3		Session 3: July 7 - 10		Session 4: July 14 - 17		Session 5: July 21 - 24		Session 6: July 28 - 31		Session 7: Aug. 4 - 7	
6:30 - 7:00 PM		6:30 - 7:00 PM		6:30 - 7:00 PM		6:30 - 7:00 PM		6:30 - 7:00 PM		6:30 - 7:00 PM		6:30 - 7:00 PM	
ID: 9781		ID: 9782		ID: 9783		ID: 9784		ID: 9785		ID: 9786		ID: 9787	

Youth Art & Music Programs...

Music Together

Ages newborn to 5 years



Music Together® is an innovative, thoroughly researched approach to early childhood music education and is based on the premise that all children are inherently musical. Our goal is to nurture your child's natural enthusiasm for music and movement during the early childhood years when, as with language learning, musical aptitude is at the critical stage of most rapid growth. Music Together is committed to helping families rediscover the pleasure and value of musical activity by providing children with new opportunities to experience and express themselves musically alongside their most important role models: their parents, caregivers and teachers.

Location: Mortensen Community Center Romano Room

Fee: \$110 includes CD and all materials. (Fee remains the same for non-residents) Infants under 8 months free with a registered sibling. \$50 for each additional sibling registered for same class.

ID:	Time	Dates
9842	9:30 - 10:15 AM	Wednesdays,
9843	10:30 - 11:15 AM	July 9 - Aug. 13 (6 classes)

Children's Cartooning

Entering Grades 1 - 5

Have lots of expressive, imaginative, creative FUN! This is an exciting class that will turn your world into make believe and fantasy! Create funny characters, heroic creatures and magical beasts that can do the impossible! Learn how to distort shapes, show movement, develop your own comic strips and more. All supplies are provided.

Instructor: Fran Judycki

Location: MCC Arts & Crafts Room

*Fee: \$28 for residents
\$35 for non-residents*

ID:	Time	Dates
9844	6:30 - 7:30 PM	Thursdays, July 24 - Aug. 14 (4 classes)
12		

Sign and Play

Ages 6 months to 4 years

Sign and Play classes will empower parents, caregivers and children to communicate clearly with one another and experience the profound bonding that results. This is accomplished by learning and practicing signs together in a playful setting and learning how to make signing a part of daily life. Each family is provided with a class handbook which includes lyrics to songs, descriptions on how to execute each sign and ideas for using the learned signs at home.

Instructor: Sue Freese

Location: Mortensen Community Center Arts & Crafts Room

*Fee: \$98 includes all materials. Fee remains the same for non-residents.
\$45 for each additional sibling registered for same class.*



ID:	Time	Dates
9883	8:30 - 9:15 AM	Wednesdays, July 9 - August 13 (6 classes)

Oopsy Goopsy Messy Art Fun

Entering Grades K - 5

Messy art is so much fun and amazing are the works of art that come from making a mess! Think splatter, balloon and blow painting. Make slime and flubber and paint with paste! Oh, what a mess we will make! Create with salt dough and shaving cream and glue. Discover marbleizing and glitter painting, design batik t-shirts and experience collage and sculpting with clay. Face painting or glitter tattoos are included! Artists must dress for a mess and bring a nut-free snack and a drink each day.



Instructor: Let's Gogh Art staff
Location: MCC Arts & Crafts Room
*Fee: \$140 for residents
\$165 for non-residents*

ID:	Time	Dates
9845	9:00 AM - 12:00 PM	Monday - Friday, Aug. 11-15 (5 classes)

Art Explorers

Entering Grades 1 - 5

Art explorers will have lots of fun exploring with clay, gorgeous paint colors, shiny ribbon, foam and much more. Imaginations will run wild creating 3-D jellyfish and other sea creatures to hang, constructing lighthouses and store fronts, ring puppets and finger puppets to wear, sculpting clay bugs, critters, butterflies and more! These activities require fine motor skills and imagination, which are so important for children to develop and grow, while having FUN! All supplies are provided. Children should wear a smock or old clothes.

Instructor: Fran Judycki

Location: MCC Arts & Crafts Room

Fee per session: \$42 for residents / \$52 for non-residents

ID:	Time	Dates
9847	6:30 - 8:00 p.m.	Tuesdays, July 1 - 22 (4 classes)



Children's Painting

Entering Grades 1 - 5

Using beautiful hot and cool colors, create the shimmering sea at sunset, tropical fish and sea monsters, sailboats and pirate ships, colorful butterflies and more! Learn how to mix different values, explore how different colors appear next to each other, use a fan brush and other painting techniques. Your imagination and experimentation will be used! All supplies provided. Children should wear a smock or old clothes.

Instructor: Fran Judycki

Location: MCC Arts & Crafts Room

Fee: \$21 for residents / \$26 for non-residents

ID:	Time	Dates
9846	6:30 - 7:30 PM	Tuesdays, July 29 - August 12 (3 classes)

Ben Alaimo Baseball Camp

Ages 8 - 14

Join Newington High School Head Baseball Coach Ben Alaimo for two exciting camps geared toward Little Leaguers and Babe Ruth baseball players. Participants will learn high quality age-appropriate baseball skills. Instruction will focus on mechanics of throwing and catching, player specific hitting fundamentals, defensive skill development, fundamentals of base running, in game offensive and defensive situation instruction and more. In addition to outstanding instruction, this camp will offer fun skills contests and games! All participants will receive a t-shirt and pizza on the final day. Participants should bring a bat, hat, water bottle and glove.

*Location: Small Diamond: Volunteer Field
Big Diamond: Legends Field
(Both fields at Clem Lemire Complex)*

ID	Time	Dates	Fee
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Small Diamond Players - Ages 8 - 12

9848	9:00 AM - 12:00 PM	Mon - Thurs, June 23 - 26 (6/27 rain date)	\$115
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Big Diamond Players - Ages 12 - 14

9849	9:00 AM - 12:00 PM	Mon - Thurs, June 30 - July 3 (7/4 rain date)	\$115
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Girls' Fast Pitch Softball Camp

Entering Grades 5 - 9

This program is designed for players interested in improving their softball skills. The philosophy of the program is to encourage and teach the campers a better understanding of game fundamentals and improve each participant's individual skill level. Participants will leave with improved skills and a greater love and understanding for the game of softball. Get ready to have fun and see yourself improve! All participants will receive a t-shirt at the end of the week. Participants should bring a glove and bat if they own one.

Location: Newington High School Softball Fields

ID	Time	Dates	Fee
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9850	9:00 AM - 12:00 PM	Mon - Thurs, July 7 - 10 (7/11 rain date)	\$115
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Girls' Field Hockey Skills Clinic

Entering Grades 6 - 9

Newington High School coaches Veronica Underwood Grubin and Paul Macchi offer this clinic to introduce players to the sport of field hockey. This clinic is designed for players who want to learn individual and team skills through fundamentals and conditioning. Topics include basic body and stick positioning, ball control, dribbling, reverse stick handling, stopping, passing and shooting, as well as agility skills. Week 2 will feature more advanced individual and team skills, ideal for players who want to play at the high school level. Participants should wear appropriate clothing, sneakers, socks and bring a water bottle. All other equipment is optional and otherwise will be provided.

Location: Fields behind tennis courts at NHS

ID	Time	Dates	Fee
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Week 1

9851	6 - 7:30 PM	Mon - Fri, Aug. 11 - 15	\$50
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Weeks 1 & 2

9852	6 - 7:30 PM	Mon - Fri, Aug. 11 - 15 & 18 - 22	\$75
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Non-residents pay the same rate as residents for all the programs listed on this page!

Interested in one of our sports camps?

Please Register Early!

Our camps sometimes fill to capacity, but we also need to have a minimum number of participants in order for us to run them. If we don't reach that minimum, the camp has to be cancelled. Usually, we have to make that decision a few days before the program begins. All of our programs also require a high level of organization, often including facility scheduling, staffing and purchasing of supplies.

So, if there is a program or camp that your child is interested in...

please, **REGISTER EARLY!**

Basketball Camp

Entering Grades 3 - 8

Scot Wenzel, Newington High School Boys Basketball Coach, presents this fundamental basketball camp. Includes instruction in skill building, shooting, passing, defense, situational application, skills contests, games and much more. Snacks will be provided and awards will be given for each contest. All participants will receive a t-shirt.

Staff: Scott Wenzel & high school players

Location: NHS Gymnasium

ID	Time	Dates	Fee
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Boys Entering Grades 3 - 5

9853	8:00 AM - 11:00 AM	Mon - Fri, July 7 - 11	\$100
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Boys Entering Grades 6 - 8

9854	11:30 AM - 2:30 PM	Mon - Fri, July 7 - 11	\$100
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Girls Entering Grades 3 - 5

9855	8:00 AM - 11:00 AM	Mon - Fri, July 14 - 18	\$100
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Girls Entering Grades 6 - 8

9856	11:30 AM - 2:30 PM	Mon - Fri, July 14 - 18	\$100
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LAX Stars - Girls' Lacrosse Camp

Entering Grades 5 - 9

Come learn and experience the excitement of girls' lacrosse in this fun and challenging camp! Players will learn the fundamentals of lacrosse from a US Lacrosse certified and veteran high school lacrosse coach and her staff. This camp will cover the very basics to the most advanced skills of girls' lacrosse, from the first-time player to the most advanced player. All participants will receive a "LAX Stars" t-shirt. Sticks and goggles will be available if needed. Each participant should bring a mouth guard and water bottle.

Instructor: NHS Girls Lacrosse Head Coach Selina Quirion and staff

Location: Newington High School (Field TBD)

ID	Time	Dates	Fee
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9857	5:30 - 7:30 PM	Mon - Fri, July 7 - 11	\$85
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UK International Soccer Camp *Ages 3 - 14*

UK International Soccer Camps are one of the largest providers of soccer instruction in the U.S. The program's goal is to provide "The Best Possible Soccer Experience" for all players. Camp programs use age appropriate curriculums for youths ages 3 to 14. Please bring shinguards, appropriate clothing, water and sunscreen. All players receive a free soccer ball, camp t-shirt & evaluation.

Ages 3-4 will focus on a fun introduction to the great sport of soccer.

Ages 5-6 will focus on fun, exciting games to build confidence and teach fundamentals. Within this curriculum, players will cover ball familiarization, small group dynamics, coordination skills and social interaction, all with maximum participation in a fun-oriented environment.

Ages 6-14 will focus on technical development & skills building in a stimulating environment. Players will be challenged to consider basic tactical components at an age appropriate level, including attacking and defending principles.

Location: Mill Pond Park Soccer Fields
Dates: Monday - Friday, July 14 - 18

ID	Ages	Time	Fee
9861	3-4	5:00 - 6:00 PM	\$70
9862	5-6	6:00 - 7:30 PM	\$85
9863	6-14	5:00 - 8:00 PM	\$115

Interested in one of our sports camps?

Please Register Early!

Our camps sometimes fill to capacity, but we also need to have a minimum number of participants in order for us to run them. If we don't reach that minimum, the camp has to be cancelled. Usually, we have to make that decision a few days before the program begins.

So, if there is a program or camp that your child is interested in...

please, **REGISTER EARLY!**

Non-residents pay the same rate as residents for all programs listed on this page!



Skyhawks Summer Sports Camps

Basketball *Grades K - 2*

ID: 9487

This fun, skill-intensive program is designed for beginning to intermediate players. An active week of passing, shooting, dribbling and rebounding makes this one of our most popular programs. Our basketball staff will also focus on respect, teamwork and responsibility. All participants receive a ball and t-shirt!

Flag Football *Ages 7 - 12*

ID: 9489

Campers learn skills on both sides of the football including the core components of passing, catching and defense - all in a fun and positive environment! The week ends with the Skyhawks Sports Bowl! Participants should wear appropriate clothing, sneakers and sunscreen and bring water and two snacks. All participants receive a ball and t-shirt!

Mini-Hawk (Soccer, Baseball & Basketball) *Ages 4 - 7*

ID: 9490 & 9493

This baseball, basketball and soccer program gives young children a positive first step into athletics. Through games and activities, campers explore balance, hand/eye coordination and skill development at their own pace. Participants should wear appropriate clothing, sneakers and sunscreen and bring water and two snacks. All participants receive a ball and t-shirt!

Multi-Sport (Capture the Flag, Ultimate Frisbee & Kickball) *Ages 7 - 12*

ID: 9494

In this multi-sport camp we combine three sports into one fun-filled week. Athletes will learn the rules and essential skills of each sport along with vital life lessons such as respect and teamwork. Participants should wear appropriate clothing, sneakers and sunscreen and should bring a water bottle and two snacks. All participants receive a ball and t-shirt!

Tiny-Hawk (Soccer, Baseball & Basketball) *Ages 3 - 4*

ID: 9488 & 9495

This camp for pre-school aged kids introduces the essentials of popular sports. Through games and activities, campers explore balance, hand/eye coordination and skill development. All participants must be toilet trained. Participants should wear appropriate clothing, sneakers and sunscreen and should bring a water bottle and two snacks. All participants receive a t-shirt!

Track & Field *Ages 7 - 12*

ID: 9492

This camp combines technical development, fundamental techniques and safety with a major focus on fun! Using special equipment, boys and girls learn the fundamentals of body positioning, stride, proper stretching and cool down techniques. Participants should wear appropriate clothing, sneakers and sunscreen and should bring a water bottle and two snacks. All participants receive a t-shirt!

Volleyball *Ages 10 - 14*

ID: 9491

The fundamental skills of volleyball are taught through game-speed drills and daily scrimmages that focus on passing, setting, hitting and serving. This co-ed program is designed for the beginning and intermediate player. Participants should wear appropriate clothing and sneakers and bring knee pads and water. All participants receive a ball and t-shirt!

ID:	Program	Dates	Time	Location	Fee
ID: 9487	Basketball	Mon-Thurs, June 23 - 26	5-6:30 PM	Mortensen Community Center Gym	\$75
ID: 9489	Flag Football	Mon-Thurs, Jun. 30 -Jul. 3	9 AM-12 PM	Mill Pond Park (Garfield St)	\$95
ID: 9490	Mini-Hawk	Mon-Thurs, July 7 -10	5-7 PM	Mill Pond Park (Garfield St)	\$79
ID: 9493	Mini-Hawk	Mon-Fri, Aug. 11 -15	10 AM-1 PM	Mill Pond Park (Garfield St)	\$119
ID: 9494	Multi-Sport	Mon-Fri, Aug. 11 - 15	9 AM-1 PM	Mill Pond Park (Garfield St)	\$119
ID: 9488	Tiny-Hawk	Mon-Thurs, June 23 - 26	5-6:30 PM	Mill Pond Park (Garfield St)	\$75
ID: 9495	Tiny-Hawk	Mon-Fri, Aug. 11 -15	9-9:45 AM	Mill Pond Park (Garfield St)	\$65
ID: 9492	Track & Field	Mon-Thurs, Aug. 4 - 7	6 PM-8 PM	Newington High School Track	\$79
ID: 9491	Volleyball	Mon-Thurs, July 21 - 24	6 PM-8 PM	Mortensen Community Center Gym	\$79

Phys. Ed Camp *Entering Grades 1 - 5*

This is a week-long camp filled with all of the favorite fitness games and activities from Physical Education class. Games include: scooters, parachute, Omnikin Ball, Capture the Flag, Hotball, basketball, and many more. Participants will help select some of their favorite games to play. Participants attending the morning or afternoon program should bring a snack. Participants attending the full day program should bring a snack and a lunch.

Location: Ruth L. Chaffee Elementary School Gymnasium

Staff: Mr. Percival and Mr. Liebler

Fee: Fees are listed below. Fees remain the same for non-residents

ID	Dates	Session	Time	Fee
Week 1 - Monday - Friday, July 14 - 18				
9864	Mon.- Fri., July 14 - 18	Morning	8:30 - 11:00 AM	\$125
9865	Mon.- Fri., July 14 - 18	Afternoon	11:30 AM - 2:00 PM	\$125
9866	Mon.- Fri., July 14 - 18	Full Day	8:30 AM- 2:00 PM	\$225
Week 2 - Monday - Friday, July 21 - 25				
9867	Mon.- Fri., July 21 - 25	Morning	8:30 - 11:00 AM	\$125
9868	Mon.- Fri., July 21 - 25	Afternoon	11:30 AM - 2:00 PM	\$125
9869	Mon.- Fri., July 21 - 25	Full Day	8:30 AM- 2:00 PM	\$225

Play-Well TEKnologies *Ages 5 - 10*

Have your child become a Play-Well engineer!

Pre-Engineering with LEGO (ages 5-7)

Build cities, bridges, motorized cars and planes with access to over 100,000 pieces of LEGO. Students build what they have only dreamed of with the support of an experienced Play-Well Engineering instructor.

Engineering FUNDamentals with LEGO (ages 8-10)

Students will apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as arch bridges, motorized gondolas, and the Battletrack. Design and build as never before - with access to over 100,000 pieces of LEGO!

Instructor: Play-Well TEKnologies staff

Location: MCC Romano Room

Fee: \$140 for residents / Fee remains the same for non-residents

ID	Time	Dates
Pre-Engineering (ages 5-7)		
9884	9:00 AM - 12:00 PM	Mon - Fri, August 18 - 22
Engineering FUNDamentals (ages 8-11)		
9885	1:00 PM - 4:00 PM	Mon - Fri, August 18 - 22

Performing Arts Programs *Ages 6 - 12*

This five-day experience is offered for young drama and dance enthusiasts! Some of the topics and activities include exciting Musical Theater dance routines, theater games, acting terminology, concentration and improvisational exercises, voice and speech, sense memory, subtext, stage stills and script work. The program concludes with a performance for family and friends on the last day.

Location: Newington Town Hall Council Chambers

Staff: Performing Arts Programs staff



NEW ENGLAND'S PROVEN & PREMIERE TALENT DEVELOPMENT & EDUCATIONAL PROGRAM FOR CHILDREN OF ALL SKILL LEVELS

www.performingartsprograms.biz

860.432.9890

ID	Time	Dates	Fee
9788	9:00 AM - 2:30 PM	Mon. - Fri., July 7 - 11	\$225 for residents <i>(Fee remains the same for non-residents)</i>

Summer Music



Entering Grades 4 and up

Start a brand new instrument, or if you play already, join the Band or Orchestra! This program is for beginners to intermediate to advanced musicians. This program is held at John Wallace Middle School. Please go to the Summer Music webpage for more details, schedules and other important information:

<http://patersonmusic.net/SummerMusic.html>

or contact Paul Kemp at John Paterson School:

pkemp@npsct.org.

Program Dates: Monday – Friday, June 30th - July 31st
(no program July 4th)

Evening Concert: Wednesday, July 30th

Fun Day: Thursday, July 31st

Program Director: Paul Kemp

The following programs are available:

Summer Music – Beginners

ID: 9870

This program is for beginners or students looking to learn a new instrument.

Time: 8:00-10:00 AM*

Fee: \$90 for residents / \$110 for non-residents

Summer Music – Advanced

ID: 9871

This program is for older students who already have experience playing an instrument and are ready to join the Band or Orchestra.

Time: 10:00 AM – 12:00 PM*

Fee: \$90 for residents / \$110 for non-residents

Summer Music – Advanced PLUS

ID: 9872

This program is for older students who want to join the Band or Orchestra, but also wish to learn a new instrument. Students will participate in both sessions described above.

Time: 8:00 AM – 12:00 PM*

Fee: \$135 for residents / \$155 for non-residents

***Please see the Summer Music Schedule for details about specific instrumental music times.**

Summer Sunshine **Ages 3 & 4 (Newington residents only)** June 23rd - July 31st, 9:00 AM - 2:00 PM



Your child will have a blast this summer while socializing, playing games, listening to stories, creating crafts, swimming, enjoying music and movement and outdoor play! Each week is a different theme with all sorts of activities including arts & crafts, games, free play and much more. All participants must be toilet trained. Each child should bring a healthy lunch (lunches may not contain any snacks with peanut butter or nuts of any kind) with two juice boxes or water bottles and wear a bathing suit and bring a towel. Towels and backpacks should be labeled with your child's name. Parents must apply sunscreen before dropping off child each morning; children will attend supervised swim every day at the Mill Pond Pool wading pool. Children ride on a school bus with all staff at 1:00 PM and head to Mill Pond Pool for swimming. Pick up will be at 2:00 PM at the wading pool.

The program will be held at our preschool classroom located at 1075 Main Street in the lower level. It's a beautiful space dedicated solely to preschoolers and also includes a fenced in outdoor play space!

Staff: Marilyn Janelle, Loralyn Callahan and Staff

Please note that we are a nut-free program and facility. Peanut butter and nuts of any kind are not permitted in the facility.

Extended Care Program! Summer Sunshine will be staffed beginning at 8:00 AM for those parents who need to drop off their child earlier than 9:00 AM. Additional fees apply.

Summer Sunshine Registration Forms are available at www.newingtonct.gov/parksandrec or at the Parks and Recreation office.

EACH WEEK IS A DIFFERENT THEME!

Week 1	Welcome To Summer Camp!
Week 2:	Holiday Celebrations
Week 3:	Awesome Oceans
Week 4:	Beach Bums
Week 5:	Nature Nuts
Week 6:	School Skills

DAILY ACTIVITIES

Mondays:	Painting and Drawing Activities
Tuesdays:	Messy Art Projects and Creations
Wednesdays:	Beads and Wearable Projects
Thursdays:	Play Dough and Multi Media Art Activities

Creative Playtime Preschool Program

Register Now for the 2014-2015 School Year!

Creative Playtime Preschool Program is open to children ages 3-5. Morning, Afternoon or Full-Day Programs are available. Our preschool program is fully licensed through the State of Connecticut.

Give your child a wonderful and enriching introduction to the classroom environment.

For more information about the Creative Playtime Preschool Program, please inquire at the Parks and Recreation office or call

860-665-8666

Registration Information

Week	ID	Dates
Week 1	9807 9808	Monday and Wednesday, June 23, 25 Tuesday and Thursday, June 24, 26
Week 2	9809 9810	Monday and Wednesday, June 30, July 2 Tuesday and Thursday, July 1, 3
Week 3	9811 9812	Monday and Wednesday, July 7, 9 Tuesday and Thursday, July 8, 10
Week 4	9813 9814	Monday and Wednesday, July 14, 16 Tuesday and Thursday, July 15, 17
Week 5	9815 9816	Monday and Wednesday, July 21, 23 Tuesday and Thursday, July 22, 24
Week 6	9817 9818	Monday and Wednesday, July 28, 30 Tuesday and Thursday, July 29, 31

Two Days per week: \$60 each week
Four Days per week: \$100 each week

Four Days per week for all 6 weeks: \$520*

Save \$80!

* To be eligible for the discounted rate, you must register and pay for all 6 weeks at the same time. If weeks are not purchased at the same time, individual weekly rates apply. Total cost for 6 weeks purchased individually is \$600.

Extended Care Information

Extended care is available for this program from 8 - 9 a.m.

Two Days per week: \$12 each week
Four Days per week: \$22 each week

Save \$12!

Four Days per week for all 6 weeks: \$120*

* To be eligible for the discounted rate, you must register and pay for all 6 weeks of extended care at the same time. If weeks are not purchased at the same time, individual weekly rates apply. Total cost for 6 weeks of extended care purchased individually is \$132.

Summer Playgrounds, Playground Pals and C.I.T. Program...

Summer Playgrounds

Open to children who are Newington residents or attend Newington public schools and have completed grades 1 - 7.

Students attending other (non-public) Newington schools and have completed grades 1 - 7 may enroll in this program for an additional \$20 fee per week.

The Summer Playground Program is back for another wonderful summer of fun in the sun! Our staff is busy preparing many fun and exciting activities, games, special events and field trips, not to mention lots of swimming, sports, arts and crafts, talent shows and much more!

Monday - Friday, June 23rd - August 8th

(no program July 4th)

8:00 AM - 4:30 PM

We are now accepting registration for Summer Playgrounds!

Register Today!!

	By June 4	After June 4
ALL 7 WEEKS*:	\$580	\$615
ANY 4 WEEKS*:	\$450	\$475
ANY 1 WEEK:	\$135	\$150
WEEK 2:	\$110	\$125
(No Program July 4th)		

Register for Summer Playgrounds at the rates listed above.

*To be eligible for the discounted rates for multiple weeks, you must register and pay for all 4 or 7 weeks at the same time. If weeks are not purchased at the same time, individual weekly rates apply. Total cost for 7 weeks purchased individually by June 4 is \$920. Total cost for 7 weeks purchased individually after June 4 is \$1,025.

Program Location Change for 2014

All students who are completing grades 5-7 will attend the program at John Wallace Middle School.

This summer, Martin Kellogg Middle School will not be used for the Summer Playground program.

A separate registration form must be filled out for Summer Playgrounds. Registration forms will be distributed through the schools and are available at the Parks and Recreation office or on our website.

Visit us online!

www.newingtonct.gov/parksandrec

Playground Pals

Open to children who reside in Newington and are registered for fall Kindergarten or completed Kindergarten this school year

Playground Pals is held at the Mortensen Community Center Teen Center. Children should arrive to camp each day with a bagged lunch and snack with beverages. Children will participate in swim instruction and are asked to wear a bathing suit and bring a towel every day. Registration is limited and accepted on a first-come, first-served basis.

Monday - Friday, June 23rd - August 8th (no program July 4th)

9:00 AM - 2:00 PM*

*Extended care hours available from 8-9am and/or 2-4pm for an additional fee

Register for Playground Pals weekly at the rates listed at right.

*To be eligible for the discounted rate, you must register and pay for all 4 or 7 weeks at the same time. If weeks are not purchased at the same time, individual weekly rates apply. Total cost for 7 weeks purchased individually by June 4 is \$650. Total cost for 7 weeks purchased individually after June 4 is \$755.

	By June 4	After June 4
ALL 7 WEEKS*:	\$495	\$530
ANY 4 WEEKS*:	\$305	\$330
ANY 1 WEEK:	\$95	\$110
WEEK 2:	\$80	\$95
(No Program July 4th)		

Extended Care: The Playground Pals Extended Care program will be staffed from 8:00 - 9:00 a.m. and/or 2:00 - 4:00 p.m. for those parents who need more time.

Register for Extended Care weekly at the rates listed at right.

*To be eligible for the discounted rate, you must register and pay for all 7 weeks at the same time. If weeks are not purchased at the same time, individual weekly rates apply.

<u>Morning Extended Care</u>	<u>Afternoon Extended Care</u>
All 7 weeks*: \$120	All 7 weeks*: \$255
Any 1 week: \$20	Any 1 week: \$40
Week 2: \$16	Week 2: \$32
(No Program July 4th)	(No Program July 4th)

A separate registration form must be filled out for Playground Pals. Forms are available at the Parks and Recreation office or on our website.

Counselor In Training (CIT) Ages 14 & 15

The Counselor In Training (CIT) Program provides instruction and skill development related to working with children in a summer playground setting. Interested participants must apply and be selected for this 3-week program. Applications will be reviewed, and qualified applicants will be interviewed. Selected participants will be notified of acceptance into the CIT program by June 13th. Selected CITs will be involved with the Summer Playground Program for 3 weeks of the program. Selected participants will be expected to make a full commitment to the CIT Program. Each participant will be placed at one of the playground sites based on the needs of the program.

To apply for the Counselor In Training Program, participants must complete and submit the following to the Parks and Recreation office by Friday, May 30th:

- Town of Newington Employment Application
- Three (3) CIT Recommendation Forms

The Employment Application and CIT Recommendation Forms are available at the Parks and Recreation office or on our website.

Program Information

ID:	9841
Time:	8:30 AM - 4:00 PM (Individual schedules may vary)
Fee:	\$75 per participant (Newington residents only)
Program Dates:	Monday - Friday, July 7-25 (Selected participants will also be required to attend a mandatory orientation session with a parent/guardian on Thursday, June 26th from 5:30-6:30 p.m.)

Youth and Adult Tennis Programs...

Open Tennis Courts

Richard Lienhard Tennis Courts
at Mill Pond Park

Open June 1 through September 1, 2014

Phone: 860-667-5820

Program Coordinators: Bob Dean, Sarah, Matt
& Ryan Dean

COURT FEES

\$12 per hour for NTA Members & Residents;

\$16 per hour for Non-Residents

SEASON PLAY PASSES

\$130/player and \$190/family (NTA members only)

JUNIORS (18 & under):

\$10.00 per player

* Checks made payable to:

Newington Tennis Association

COURT HOURS

Monday through Friday

8:00 AM – 12:00 Noon

5:00 PM - 8:00 PM

Saturdays & Sundays

8:30 AM - 12:00 Noon

NTA PROGRAMS

Balls included for all programs. Fee: \$7.00 for all
programs except Men's Singles (Fee: \$9.00)

Program	Days	Time
Women's	Tuesdays	9:00 - 11:00 AM
Doubles	Wednesdays	5:30 - 8:00 PM

Men's	Wednesdays	5:30 - 8:00 PM
Doubles	Saturdays	9:00 - 11:00 AM

Senior	Mon, Wed, Fri	9:00 - 11:00 AM
Doubles		

Greater Hartford League

Men:	Mondays	5:30 - 8:00 PM
Women:	Tuesdays	9:30 - 11:30 AM

Mixed	Fridays	5:30 - 7:30 PM
Doubles		

Men's	Saturdays	9:00 - 11:00 AM
Singles	Tuesdays	5:30 - 8:00 PM

Youth Registration Form Please use this form when registering for youth tennis!

Class: _____ Session(s): _____

Student Name: _____ Age: _____

Address: _____ City: _____

Phone: _____ Emergency Contact: _____

Youth Tennis Program

All Star Junior Development Ages 4 & up

Location: Mill Pond Park Tennis Courts

Staff: P.T.R. Certified Instructor Bob Dean

Rain dates will be held indoors at the Tennis & Fitness
Center of Rocky Hill for an extra fee. For questions about
the program, please call Bob Dean after May 15th at 860-
667-5820 or 860-667-4984 prior to May 15th.

SESSION SCHEDULE, Mondays - Thursdays

#1 June 2 - 5	#6 July 7 - 10
#2 June 9 - 12	#7 July 14 - 17
#3 June 16 - 19	#8 July 21 - 24
#4 June 23 - 26	#9 July 28 - 31
#5 June 30, July 1 - 3	#10 Aug. 4 - 7

MUNCHKIN TENNIS (Red Ball), Ages 4 - 7

Designed for the little players. Have fun and play games
while learning the basic skills of tennis. Using a larger,
low compression ball, on a lower net to develop tennis
skills.

Level	Time	Fee
Beginner	9:00 - 10:00 AM	\$45 resident \$53 non-resident

RISING STARS (Orange Ball), Ages 7 - 10

Introduce & continue the development of basic skills.
Emphasis on ground strokes, serves, volleys, rules of
play and court etiquette. Using a lower compression ball.

Level	Time	Fee
Beginner -	10:00 -	\$45 resident
Intermediate	11:00 AM	\$53 non-resident

CHAMPIONSHIP TENNIS, Ages 10 - 15

Designed for advanced beginners and intermediate juni-
ors working on more complete tennis skills, specialty
shots and match play.

Level	Time	Fee
Intermediate	11:00 AM - 12:00 noon	\$45 resident \$53 non-resident

TOURNAMENT TENNIS, Ages 12 & up

High school team and youth tournament players. High
level of competition. Designed for the more serious
player. Subject to screening by the tennis staff.
This class is only held on Wednesdays.

Level	Time	Fee
Advanced	1:00 - 2:30 PM	\$17 resident \$20 non-resident

JUNIOR TENNIS TEAM

High level competition, match play (season includes
8-10 matches) 1 practice per week (Mondays, 1:00-
2:30 p.m.), 2 matches per week (Tuesdays and
Thursdays, 1:00-3:00 p.m.) Fee includes end of the
season tournament at Glenbrooke Swim & Tennis.

Dates	Fee
June 23 - July 24	\$95 resident \$100 non-resident

Adult Tennis Program

Location: Mill Pond Park Tennis Courts

Staff: P.T.R. Certified Instructor Bob Dean

Questions about the program? Please call Bob Dean after
May 15th at 860-667-5820 or 860-667-4984.

LESSON RATES

Private:	1 hour: \$39 1/2 hour: \$29
Semi Private:	\$26/hour per student (2 or more students)
Group Lesson:	\$13/hour per student

ADULT BEGINNER LESSONS

All the basics and more!

Tuesdays:	6:30 - 7:30 PM
Wednesdays:	6:30 - 7:30 PM
Fee:	4-week session: \$52

ADVANCED DRILLS

Sharpen your skills, tactical & technical tips

Tuesdays:	5:30 - 6:30 PM
Wednesdays:	5:30 - 6:30 PM
Fee:	4-week session: \$52

Adult Registration Form

*Please use this form when registering
for adult tennis lessons*

Name: _____

Home Phone: _____

Work Phone: _____

Address: _____

City: _____ Zip: _____

Sessions are four weeks—you may enter at
any time!

Enter date you wish to begin:

Circle Appropriate Session:

Tuesday: Beginner Advanced

Wednesday: Beginner Advanced

Golf Programs at Indian Hill Country Club



Participants should bring their own clubs to each program, but clubs will be provided if necessary.

Golf Instructors:

Wayne Smyth - PGA Professional
Adam D'Amario - PGA Professional
Michelle Winkler - PGA Apprentice

111 Golf Street
 Newington, CT 06111
 Phone: 860-666-5447
 Fax: 860-666-2805
 E-Mail: golfshop@ihccgolf.com

Adult Beginner Golf Clinic (Co-Ed)

Are you ready for some fun? Get Golf Ready is a fun and affordable golf instruction program for people with little or no golf experience. The Get Golf Ready program is a series of five introductory lessons conducted by PGA Professionals in a small-group environment. The five lessons featured in the Get Golf Ready program will provide basic skill instruction as well as information regarding the game's rules, etiquette and values. Significant on-course learning opportunities will also be a part of each lesson. Overall, participants will gain insight into techniques regarding chipping, putting, full swing and bunker play as well as the fundamental guidelines regarding the use and maintenance of golf equipment, keeping score and navigating the course, among others. For more information about the program, please call 860-666-5447.

Instructors: PGA Golf Professionals

ID:	Time	Dates	Fee
9836	6:00 - 7:15 PM	Thursdays, June 12 - July 10 (5 classes)	\$99



Complimentary Golf Clinics (Co-Ed) Ages 8 - 12

ID:	Time	Date
9831	2 - 3:30 PM	Saturday, June 28
9832	2 - 3:30 PM	Saturday, July 26
9833	2 - 3:30 PM	Saturday, Aug. 23

Junior Clinics (Co-Ed)

Ages 8 - 12

A concentrated course designed to teach your child everything he/she will need to play golf in a fun learning environment. The low student-to-instructor ratio allows for plenty of 1-1 time to learn all aspects of the game. Topics include: full swing, short game, on-course play, rules and etiquette. For more information, please call 860-666-5447.

Instructors: PGA Golf Professionals

ID:	Time	Dates	Fee
9834	9:00 - 11:00 AM	Tues - Fri July 8 - 11	\$99
9835	9:00 - 11:00 AM	Tues - Fri July 29 - Aug. 1	\$99

Attention Newington Residents!

As residents of Newington, you will have expanded access in 2014 to one of the best courses in the state. Resident cards, which are required for play, are now available to Newington residents with reduced prices for 2014 - Senior Cards will be \$50 and Regular Cards will be \$25. Senior cards may be purchased in the Indian Hill Business Office Monday through Friday between 8:30am-4:30pm. Regular cards may be purchased at the time of play on your first visit.

In addition, if you have ever considered becoming a fulltime member of Indian Hill, this is the year to do it! Not only do residents of Newington receive 25% off their first year of membership, but the membership rates are lower than ever!

For more information, please visit the club website at www.ihccgolf.com or call Andrea Leary in the membership office at (860) 665-7817.

Non-residents pay the same rate as residents for all the programs listed on this page!

Savings at Stanley

Newington residents, tax payers, property owners, as well as those who work in Newington are now eligible for discounted greens fees at Stanley Golf Course in New Britain.

Savings options include a benefits card which offers approximately 20% off regular golf prices and heavily discounted season passes.

For more information and prices, please call the Stanley golf shop at (860) 827-8570 or visit www.stanleygolf.com

The First Tee of Connecticut Instructional Golf Program

Ages 7 - 12

This program introduces participants to The First Tee's Nine Core Values, Nine Healthy Habits and Code of Conduct and focuses on learning the game of golf and its rules and etiquette. Students will participate in on-course activities with four main focuses, PLAY, LEARN, APPRECIATE and YOUR GAME. Coaches will engage participants while introducing them to the game of golf, including etiquette, rules and The First Tee Code of Conduct. Participants immediately gravitate to the activities, and as a result, the rate at which they comprehend the material is exceptional. Clubs are available for use or participants may bring their own. Spaces are limited.



Instructors: The First Tee Instructors
 Location: Learning Links at TPC River Highlands in Cromwell
 OR
 Goodwin Park in Hartford

For more information, please visit: www.thefirsttee.org

ID:	Time	Dates	Location	Fee
9858	4:00 - 5:20 PM	Thursdays, July 10 - Aug. 21 (7 classes)	Goodwin Park	\$33
9859	5:30 - 6:50 PM	Thursdays, July 10 - Aug. 21 (7 classes)	TPC	\$45
9860	12:30 - 1:50 PM	Saturdays, July 12 - Aug. 23 (7 classes)	Goodwin Park	\$33

Adult Programs...

Line Dancing

Line dancing isn't just country/ western anymore! It could be anything from a waltz to a cha-cha. You will learn some of the most popular dances. Come alone or with a partner to this fun class. It's also great exercise and just a few classes will free the dancer in you.

Instructor: Wendy Nielsen

Location: Senior & Disabled Center Ceramics Room

Fee: \$56 for residents / \$70 for non-residents



ID:	Time	Dates
9837	5:30 - 6:30 PM	Mondays, June 30 - August 18 (8 classes)

Impressionism - Oil Painting For Everyone

This course teaches the impressionistic style of Masters Claude Monet, Vincent Van Gogh and others by duplicating their work and applying their techniques to your own work. Learn brush and knife techniques, how to mix color and value, composition and more. This is a fun, relaxing course for all! Please call the Parks & Recreation Department at 860-665-8666 for a supply list prior to the first class. Participants should wear a smock or old clothes.

Instructor: Fran Judycki

Location: Senior & Disabled Center Arts & Crafts Room

Fee: \$43 for residents / \$54 for non-residents



ID:	Time	Dates
9838	6:15 - 8:00 PM	Mondays, June 30 - July 28 (5 classes)

Reasons to Register Early!

Many classes are very popular and people know that in order to get a spot, they need to register early.

But there are also reasons to register early for classes that don't usually fill up. All of our classes are intended to be self-supporting and we must reach minimum enrollment for a class to run. There is a point (usually about one week before a program starts) that a program must be cancelled if there aren't enough people registered. Very often, people try to register after a program has been cancelled and if they had registered earlier, the program would have run.

All of our programs require a high level of organization, often including facility scheduling, staffing and purchasing of supplies.

So, if there's a program that you or your child are interested in...

Please Register Early!

The Art of T'ai Chi

T'ai chi is not only a form of exercise, but a cultural art that leads you on the path to mental, physical and spiritual fitness. This art form is used to promote health and tranquility by releasing the natural energy of the body. T'ai Chi helps maintain good Chi energy with gently fluid movements.

Instructor: Ken Zaborowski

Location: Mortensen Community Center Romano Room

Fee: \$62 for residents / \$78 for non-residents

ID:	Class	Time	Dates
9839	Mixed Levels	5:30 - 6:30 PM	Mondays, July 7 - Sept. 15 (10 classes, no class 9/1)

Intro to Stand Up Paddleboard

Ages 13 - adult

Stand Up Paddleboard (SUP) offers a new perspective on exploring our waterways. It's a great way to get a full body workout. This 1.5 hour long basics session will take place on a quiet stretch of the Farmington River in Collinsville. We'll cover all the basics: getting familiar with equipment, water entry and balance, proper stance and positioning on the board, efficient paddling technique, and safety and etiquette. This is a sport that can be enjoyed in both calm, flat water as well as taken to the next level in the surf! Use of paddle board, personal floatation device and paddles are included.

Location: Collinsville Canoe & Kayak - Collinsville, CT

Fee: \$39 for residents / fee remains the same for non-residents

ID:	Time	Date
9568	11:00 AM- 12:30 PM	Saturday, June 21 (one class)

NEW

Intro to Canoe *Ages 13 - adult*

Enjoy an exploration of the original North American public transportation! The course objective is to enable you to paddle with control on protected waters. You will learn about boat design, materials and equipment. Students will practice getting into the boat from shore and dock, paddling forward and backward, turning and sideways maneuvers, as well as safety and what to do if the boat capsizes. Emphasis will be on being able to steer and coordinate with a partner. Use of paddle board, personal floatation device and paddles are included.

Location: Collinsville Canoe & Kayak - Collinsville, CT

Fee: \$49 for residents / fee remains the same for non-residents

ID:	Time	Date
9840	11:00 AM - 1:00 PM	Saturday, July 19 (one class)

Power Cardio

Blast into shape with this 60-minute, high-energy Boot Camp style workout that interchanges short bursts of cardio with longer workout periods that combine kickboxing, sports drills and calorie-crunching calisthenics. Class will go outdoors when the weather permits. Instructor will encourage you to give your 100% effort at all times. All fitness levels welcome!



Instructor: Laura Campbell

Location: Mortensen Community Center Gymnasium

ID:	Time	Dates	Fee:
9873	5:45 - 6:45 PM	Tuesdays, July 1 - Sept. 16 (12 classes)	\$60 for residents \$75 for non-residents

Please Note:

All participants in our adult programs must be at least 16 years of age or older, unless stated otherwise.

Zumba

Love music, love to dance? Need a workout that will keep you from getting bored and falling off the workout wagon? Then Zumba may be for you! Zumba is a Latin-inspired, dance fitness class that incorporates Latin and International music and dance movements. The class format combines fast and slow rhythms that tone and sculpt the body in the aerobic/fitness fashion. It's for all ages, and it's an easy and effective form of exercise. You'll enjoy this class with fun music, body firming routines, and then you'll see why Zumba has become a popular new way to exercise!



Location: All classes at Senior & Disabled Center Auditorium

Instructor: Mondays & Tuesdays: Lydia Borysiuk

Thursdays: Mary Woods

ID:	Dates	Time	Fee:
9874	Mondays, June 30 - Sept. 15 (11 classes, no class 9/1)	4:45 - 5:30 PM	\$42 for residents \$52 for non-residents
9875	Tuesdays, July 1 - Sept. 16 (12 classes)	5:15 - 6:15 PM	\$60 for residents \$75 for non-residents
9876	Thursdays, July 10 - Sept. 18 (11 classes)	5:30 - 6:30 PM	\$55 for residents \$68 for non-residents

Hi/Lo Aerobics

Get moving! This fun aerobics class includes kickboxing, funk and salsa moves that will leave you feeling more energetic and healthy. Challenge yourself while building strength and endurance. Bring a set of hand weights.

Instructor: Laura Campbell

Location: Senior & Disabled Center Auditorium

ID:	Time	Dates	Fee
9877	6:30 - 7:30 PM	Mondays, June 30 - Sept. 15 (11 classes, no class 9/1)	\$44 for residents \$55 for non-residents
9878	6:30 - 7:30 PM	Wednesdays, July 2 - Sept. 17 (12 classes)	\$48 for residents \$60 for non-residents

**Register for both classes and save \$5!
Residents: \$87 / Non-Residents: \$110**

Tone Aerobics

This low-impact aerobics class is a great way to start your morning with this low-impact aerobics class. Emphasis is placed on strengthening and toning muscles while improving cardiovascular fitness. Participants should bring an exercise mat or towel and a set of hand weights.

Instructor: Sandy Rovelli

Location: Senior & Disabled Center Auditorium

ID:	Time	Dates	Fee:
9879	9:15 - 10:15 AM	Tuesdays, July 1 -Sept. 16 (11 classes, no class 7/22)	\$44 for residents \$55 for non-residents
9880	9:15 - 10:15 AM	Thursdays, July 3 - Sept. 18 (11 classes, no class 7/24)	\$44 for residents \$55 for non-residents

**Register for both classes and save \$5!
Residents: \$83 / Non-Residents: \$105**

Zumba Toning

Zumba Toning™ – The Latin inspired dance fitness party takes it up an extra notch. If you love Zumba, then you'll absolutely love Zumba Toning! Body-sculpting techniques and specific Zumba moves are blended into one calorie-burning, strength-training class. Burn more calories than in a regular Zumba session! Participants should bring your own 1 pound weights or weighted, maraca-like Zumba Toning Sticks to enhance rhythm and build strength.

Location: Senior & Disabled Center Auditorium

Instructor: Lydia Borysiuk

ID:	Dates	Time	Fee
9881	Mondays, June 30 - Sept. 15 (11 classes, no class 9/1)	5:30 - 6:15 PM	\$42 for residents \$52 for non-residents

Adult Yoga and Pilates Classes...

Bar Physique

Bar Physique is a unique total body workout that focuses on small, controlled movements combined with low-impact but heart-pumping bursts of leg work to define and tone long, lean muscles. With a combination of muscle work and stretching, this program creates lean, flexible sculpted arms, flat abs, and a lifted seat! You'll be targeting every muscle in the body. A challenging, safe and effective workout set to dynamic music using props such as balls and bands. Please bring a mat and water and 1 to 3 lb handweights.

Instructor: Donna Valente

Location: Senior & Disabled Center Rooms A & B

Fee: Mondays: \$68 for residents / \$85 for non-residents

Thursdays: \$68 for residents / \$85 for non-residents

ID:	Time	Dates
9801	5:15-6:00 PM	Mondays, July 7 - Sept. 15 (10 classes, no class 9/1)
9802	5:30-6:15 PM	Thursdays, July 10 - Sept. 11 (10 classes)



Mat Pilates

Pilates is an exercise option for everyone designed to develop a strong core while maintaining loose, limber limbs. The exercises provide variations to meet the needs of different body types. The exercises strengthen the body while keeping joints mobile and flexible. You'll feel your muscles working and probably break a sweat. Please bring a yoga mat and water to every class.



MIXED LEVELS: Everyone is welcome at this class! Options for different ability levels will be provided.

Instructor: Maggie Downie

Location: Senior & Disabled Center Room A & B

Fee: Residents: \$93 / Non-Residents: \$117

ID:	Time	Dates
9803	6:00 - 7:00 PM	Wednesdays, July 2 - Sept. 10 (11 classes)

Please Register Early!

Many classes are very popular and people know that in order to get a spot, they need to register early. But there are also reasons to register early for classes that don't usually fill up. All of our classes are intended to be self-supporting and we must reach minimum enrollment for a class to run. There is a point (usually about one week before a program starts) that a program must be cancelled if there aren't enough people registered. Very often, people try to register after a program has been cancelled and if they had registered earlier, the program would have run.

Yoga Classes

Discover the many benefits of yoga for yourself: decreased stress, greater flexibility, better concentration and more. Yoga is designed to draw us out of stress and anxiety and into our natural state. Find out what Yoga is all about! Sticky yoga mats are required and yoga blankets are highly recommended.

Location: Mortensen Community Center Romano Room

Instructors: Karen Sevenoff / Cynthia Wolcott / Lisa Jones

ID:	Class	Time	Dates	Fee:
9804	Beginner Yoga with Cynthia Wolcott	6:00 - 7:15 PM	Tuesdays, July 1 - Sept. 16 (12 classes)	\$72 for residents \$90 for non-residents
9805	Mixed Levels Yoga with Lisa Jones	6:00 - 7:15 PM	Wednesdays, July 2 - Sept. 17 (12 classes)	\$72 for residents \$90 for non-residents
9506	Mixed Levels Yoga with Karen Sevenoff	5:30 - 6:45 PM	Thursdays, July 3 - Sept. 18 (12 classes)	\$72 for residents \$90 for non-residents



Yoga Class Descriptions

Beginner Yoga

This class is tailored to the needs of the beginning yoga student. A significant amount of time will be spent teaching various pranayama (breathing techniques) and asana (postures), building from the foundation up. Non-beginners who are comfortable with a slower pace are also welcome!

Mixed Levels Yoga

This class is the right place for those wanting to explore the edges of their yoga practice a bit deeper. Though not suitable for absolute beginners, it might be the place for you if you have some familiarity with yoga postures and want to move up a level. Modifications will be shown for various levels of practitioners from advanced beginners through intermediate.



Fun-n-Fitness

An invigorating class that gets you off on the right foot. Improve stamina, strength, muscle tone and cardiovascular fitness. Bring a set of hand weights.

Instructor: Sandy Rovelli

Location: Senior & Disabled Center Auditorium

Fee: Tuesdays: \$39 for residents / \$49 for non-residents

Thursdays: \$39 for residents / \$49 for non-residents

ID:	Time	Dates
9789	10:20 - 11:20 AM	Tuesdays, July 1 - Sept. 16 (11 classes, no class 7/22)
9790	10:20 - 11:20 AM	Thursdays, July 3 - Sept. 18 (11 classes, no class 7/24)

Register for both classes and save \$5!
Residents: \$73 / Non-residents: \$93

Fitness Clinics for Older Adults

Participants will learn how to utilize the fitness equipment and safety procedures in the Fitness Center located within the Senior & Disabled Center. This class is required in order to use the Fitness Center.

Participants must register at the Senior & Disabled Center Main office. For information about becoming a Senior & Disabled Center member, please call 860-665-8778.

Instructor: Sandy Rovelli

Location: Senior & Disabled Center

Fee: \$15 for residents / \$18 for non-residents

ID:	Time	Dates
9598	11:30 - 1:30 PM	Tuesday, June 10
9791	11:30 - 1:30 PM	Tuesday, July 8
9792	11:30 - 1:30 PM	Tuesday, August 12
9793	11:30 - 1:30 PM	Tuesday, September 9

Yoga for Older Adults

This is a gentle yoga class concentrating on the basics of awareness, alignment, breathing, balance, flexibility, strengthening and stretching. A few minutes at the beginning and end of each class will be devoted to meditation. Each participant should bring a sticky mat or towel to lie on and be aware that the postures are done barefooted. This is a great class for beginners through intermediates.

Instructor: Linda Leslie

Location: Senior & Disabled Center Rooms A & B

Fee: \$26 per session for residents

\$32 per session for non-residents

ID:	Time	Dates
9794	11:15 AM - 12:15 PM	Mondays, June 30 - July 28 (5 classes)
9795	11:15 AM - 12:15 PM	Mondays, Aug. 11 - Sept. 15 (5 classes, no class 9/1)

Oil Painting - Impressionism, Realism or Modern

This course is designed for beginners through advanced. Choose the painting style that excites you—Impressionism, Realism or Modern. Learn the fundamental skills of brush and knife techniques, mixing colors, value, composition and creating mood and texture. All skills will be explained and demonstrated. This course will be a fun opportunity to try a new painting style. All returning students may continue in their own field of painting. Please call the Parks & Recreation Department at 860-665-8666 for a supply list prior to the first class. Wearing a smock or old clothes is suggested.

Instructor: Fran Judycki

Location: Senior & Disabled Center Arts & Crafts Room

Fee: Session 1: \$43 for residents / \$54 for non-residents

Session 2: \$52 for residents / \$65 for non-residents

ID:	Session:	Time	Dates
9796	Session 1	9:15 - 11:45 AM	Tuesdays, July 1– 29 (5 classes)
9797	Session 2	9:15 - 11:45 AM	Tuesdays, August 12 - Sept. 16 (6 classes)

Register for both sessions and SAVE \$5!
Residents: \$90 / Non-Residents: \$114

Zumba for Older Adults



This is a fun Zumba class that will utilize choreography specifically created for the older adult population. The moves are less intense than in a traditional Zumba class and are so easy to follow that participants of any age can do it. This program will give all participants a safe and effective total body workout. Just like the regular Zumba classes, this class will be very fun and easy-to-follow. Participants in this class enjoy rhythms such as: Merengue, Salsa, Cumbia, Belly Dance, Rumba, Tango, Cha Cha, along with other fun and exciting rhythms and dances. Participants should wear comfortable clothing, appropriate footwear for a dance/exercise class and bring water.

Instructor: Mary Woods

Location: Senior & Disabled Center Auditorium

ID:	Time	Dates	Fee
9798	10:00 -10:45 AM	Fridays, July 11 - Sept. 19 (11 classes)	\$44 for residents \$55 for non-residents

T'ai Chi for Older Adults

T'ai Chi is one of the most effective exercise systems for mental and physical well-being. Emphasis is on breathing and the use of fluid, graceful and gentle movements. T'ai Chi releases tension, deepens relaxation, improves balance, increases bone density and develops muscle tone. Its gentleness is especially suitable for the elderly and people rehabilitating from illness or accident.

Instructor: Ken Zaborowski

Location: Senior & Disabled Center Auditorium

Fee: \$45 for residents / \$56 for non-residents

ID:	Class	Time	Dates
9799	Beginners	9:00 - 9:45 AM	Mondays, July 7 - Sept. 15
9800	Intermediates	10:00 - 10:45 AM	(10 classes, no class 9/1)

Parks & Recreation Registration Info

OUR POLICY IS: "No News is Good News."

When registering by mail or fax, you will **NOT** be contacted unless a class is filled or there is a change. Please include a daytime phone number.

Convenient Ways To Register...

Fax-in: Complete and sign the registration form. Include VISA, MasterCard or Discover credit card information. If you choose to register via fax, PLEASE call to confirm that your fax came through.

Fax to (860) 665-8739.

Mail-in: Complete and sign the registration form. Include VISA, MasterCard or Discover credit card information or make checks payable to "Newington Parks & Recreation." **Mail to: Newington Parks & Recreation, 131 Cedar Street, Newington, CT 06111.**

Walk-in: Register in our office, which is located in the Mortensen Community Center at Town Hall, 131 Cedar Street, Newington, CT 06111.

Walk-in office hours are:

Monday – Friday, 8:30 AM – 4:30 PM.

***Drop slot may be available after hours.**

IMPORTANT INFORMATION

- A minimum of \$10 is required for all credit card transactions.
- If you are registering a **child under the age of 6** and they have not participated in our programs in the past, please include a copy of the child's birth certificate with the registration form. This is a one-time request.
- If the participant has any **medical concerns (allergies, asthma, etc.)** that we should be aware of, please list it on the registration form.
- If the participant has any **special needs** that we should be aware of, please complete and submit a special needs form to our office.
- Programs may be cancelled due to inclement weather. If the weather is inclement, please call our **Program Hotline: 860-665-8686** (after 4:30 PM) for the latest information.

Reasons to Register Early

Many classes are very popular, and our participants know that in order to get a spot, they need to register early. But there are also reasons to register early for classes that don't usually fill up. There is a point (usually about one week before a program starts) that a program must be cancelled if there aren't enough people registered.

So, if you know you want to take a program...

PLEASE REGISTER EARLY!

POLICIES & PROCEDURES

Registration is taken on a **FIRST COME - FIRST SERVED** basis. Residents may register for programs beginning Wednesday, April 30, 2014. All registration forms received prior to the registration start date will be processed randomly at the end of the first day of registration. The Parks & Recreation Department will try to accommodate all registrants, but some programs fill to capacity. Please specify an alternate choice on your registration form should the original class you choose be filled. The Parks & Recreation Department reserves the right to **cancel programs because of insufficient registrations** or causes beyond its control.

Non-Residents

Non-residents are eligible to register for programs if there are openings beginning Wednesday, May 14, 2014. Non-residents pay an additional fee for most programs and should call for program availability prior to registering. Some programs (including swim lessons, pool passes, playgrounds/camps and others) are not available for non-residents.

Waiting List

If your desired class is filled, you will be notified and placed on a waiting list. We will make every effort to accommodate those on the waiting list by adding classes if possible.

Americans with Disabilities Act

The Newington Parks and Recreation Dept. does not discriminate on the basis of race, color, national origin, gender, religion, age, or disability in provision of programs and services. Individuals with disabilities are encouraged to register.

The Newington Parks and Recreation Dept. is complying with the Americans with Disabilities Act (ADA), Public Law 101336. The law addresses issues of accessibility of facilities & programs. Provisions of reasonable program modifications will be made on a case-by-case basis to allow people with disabilities to participate in and benefit from programs. Documentation of disability is required when requesting reasonable modifications.

Refunds

Newington Parks and Recreation does not issue refunds once you have registered for a program, unless there is an injury or illness which prohibits active participation in the program and is documented by a physician. No refunds will be issued without a completed Refund Request Form accompanied by a doctor's note. Contact our office for a Refund Request Form. If a refund is granted, the amount will be prorated to reflect the number of classes remaining from the date the refund request form was submitted. A \$5.00 processing fee will also be deducted from any refund issued.

Contact Us:

Phone:

Voice: 860-665-8666
Fax: 860-665-8739
Hotline: 860-665-8686

At the Office:

Monday - Friday
8:30 a.m. - 4:30 p.m.
131 Cedar Street
Newington Town Hall
Mortensen Community Center

On the Web:

www.NewingtonCT.gov/parksandrec

